



Name: _____

Cold Modality: _____

The Stages of Icing

Data Collection

For each time interval outlined below, describe in as many words as possible what you are experiencing, feeling (sensations) and/or thinking during a 20-minute cryotherapy treatment.

Initial Contact of Modality to the Body – _____

2 Minutes into Treatment – _____

4 Minutes into Treatment – _____

6 Minutes into Treatment – _____

8 Minutes into Treatment – _____

10 Minutes into Treatment – _____

12 Minutes into Treatment – _____

14 Minutes into Treatment – _____

16 Minutes into Treatment – _____

18 Minutes into Treatment – _____

20 Minutes into Treatment – _____

Removal of Modality from the Body – _____

Data Analysis and Conclusions

1. What did the lab demonstrate or what was its purpose?
